

Bed-Wetting...

Learning How to Stay Dry at Night...



1. One in five kids still wet their beds when they are five and some continue on into adolescence and adulthood...
2. Bed-wetting is frustrating for everyone in the family and it takes everyone working together to fix the problem.
3. Always check with your doctor to make sure that there is not a medical reason for the bed-wetting- like an illness, starting school, the arrival of a new baby, or a death in the family.
4. Here are some helpful hints for making bed-wetting easier for the whole family:
 - Never blame or punish the child for this behavior- they have no control over it
 - Talk openly with your child- don't keep it an embarrassing secret
 - Force fluids during the day- this helps to increase bladder capacity
 - Restrict fluids two hours before your child's bedtime
 - Make sure your child goes to the bathroom before going to bed
 - Have your child go to bed at the same time every night
 - Wake your child before you go to bed and have your child use the bathroom- make sure your child is **awake**, you want your child to be aware of getting up
 - Praise your child for staying dry
 - If the bed is wet, have your child help to change the sheets- this teaches your child responsibility
5. Good luck, if you need more help talk with your child's pediatrician to get some other ideas...



Kentucky Commission for Children
with Special Health Care Needs